

Embracing Mindfulness

an e-book by Neeraj Ramnani

Index

part 1: what

part 2: why

part 3: how

part 4: when

part 1: what

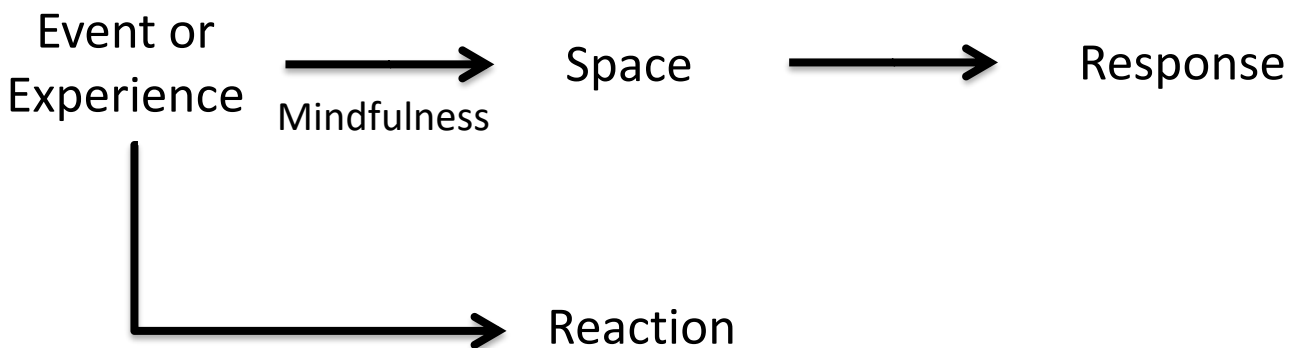
What is Mindfulness? (1/2)

Mindfulness is the nonjudgmental awareness of the present moment.

It is the opposite of distraction.

It is paying deliberate attention to present moment experiences with an open curiosity and willingness to accept what the moment is.

The experiences can be both internal (thoughts, feelings, sensations) or external (physical sensory data- such as sights, sounds or smells).



Mindfulness creates a space between events in your life and your response to it. In this space lies your wisdom, growth, and happiness.

What is Mindfulness? (2/2)

It's something you have probably already experienced in life, such as when you were...

- playing with a child
- climbing a hill
- in physical danger
- meditating
- praying with gratitude

However, to always be mindful requires practice and skill until it becomes a *habit*. With the intention to make mindfulness a habit throughout your days and life, you can design a *daily mindfulness practice* to sustain and nourish your mindfulness.

We will cover how to create this kind of daily mindfulness practice in the third section of this short e-book, titled “how”.

Before that, though, let's explore *why* you should think about embracing mindfulness as a way of life.

part 2: why

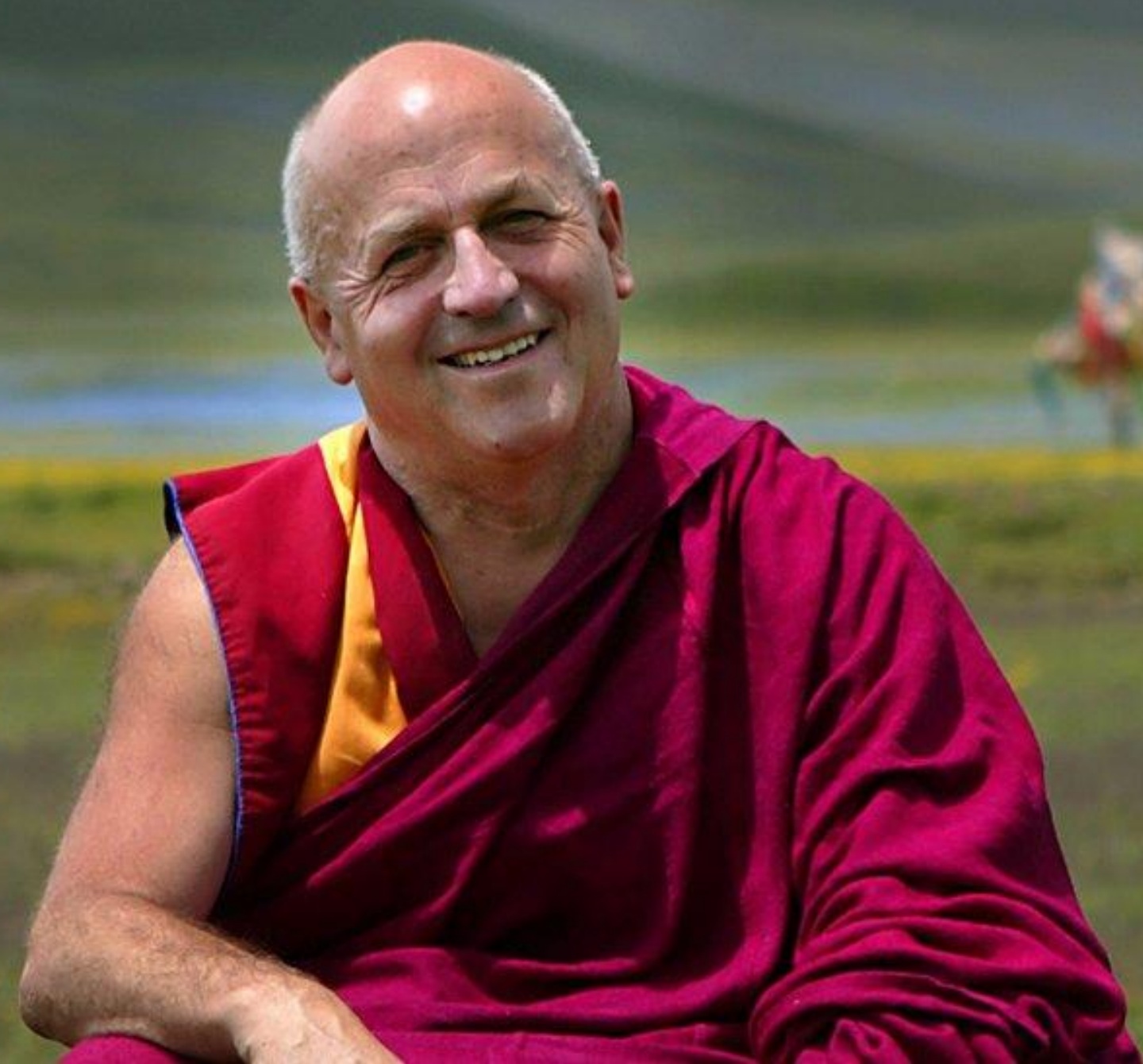
Why practice mindfulness?

A lot of research has shown that a mindfulness practice has amazing benefits on your health, wellbeing, success, and happiness!

Mindfulness, indeed, [is a superpower!](#)

Here's a small list of benefits:

- reduces anxiety
- helps during clinical depression and OCD
- reduces stress
- used for overcoming addictions
- reducing chronic physical pain, including arthritis
- blood pressure regulation
- increases happiness
- you develop a thicker prefrontal cortex
- more gratitude, kindness and empathy
- balance and equanimity
- better sleep
- opens up your senses
- more creativity
- increased productivity
- better leadership
- allows you to accept change (as you recognize by your mindfulness that *everything* is in *constant* flux)



Indeed, a University of Wisconsin research titled Matthieu Ricard- Buddhist Monk & Mindfulness Practitioner, the “happiest man in the world”

part 3: how

How to develop a mindfulness practice?

There are three main ways to develop more mindfulness:

1) Formal Practice

This includes things like sitting meditation, walking meditation, daily yoga, etc. Generally a formal practice will require you to dedicate exclusive time just for your mindfulness

2) Informal Practice

Anything can become an object of your mindfulness. For example, if you have a cup of tea every morning, you could do so mindfully and that becomes your mindfulness practice. You can choose to walk mindfully from the parking to your office desk mindfully, or to be very mindful and in the moment when you're in the shower. Such informal practices will not require extra time, and can nurture your overall mindfulness.

3) Intense Retreats

Retreats such as the [Vipassana](#) meditation programs can provide short but intense support in developing your mindfulness practice. People who have attended such retreats generally report an increased mindfulness in day to day life, and many other positive changes in their life after they return.

part 4: when

NOW

Mindfulness can only be practiced
in the present moment!

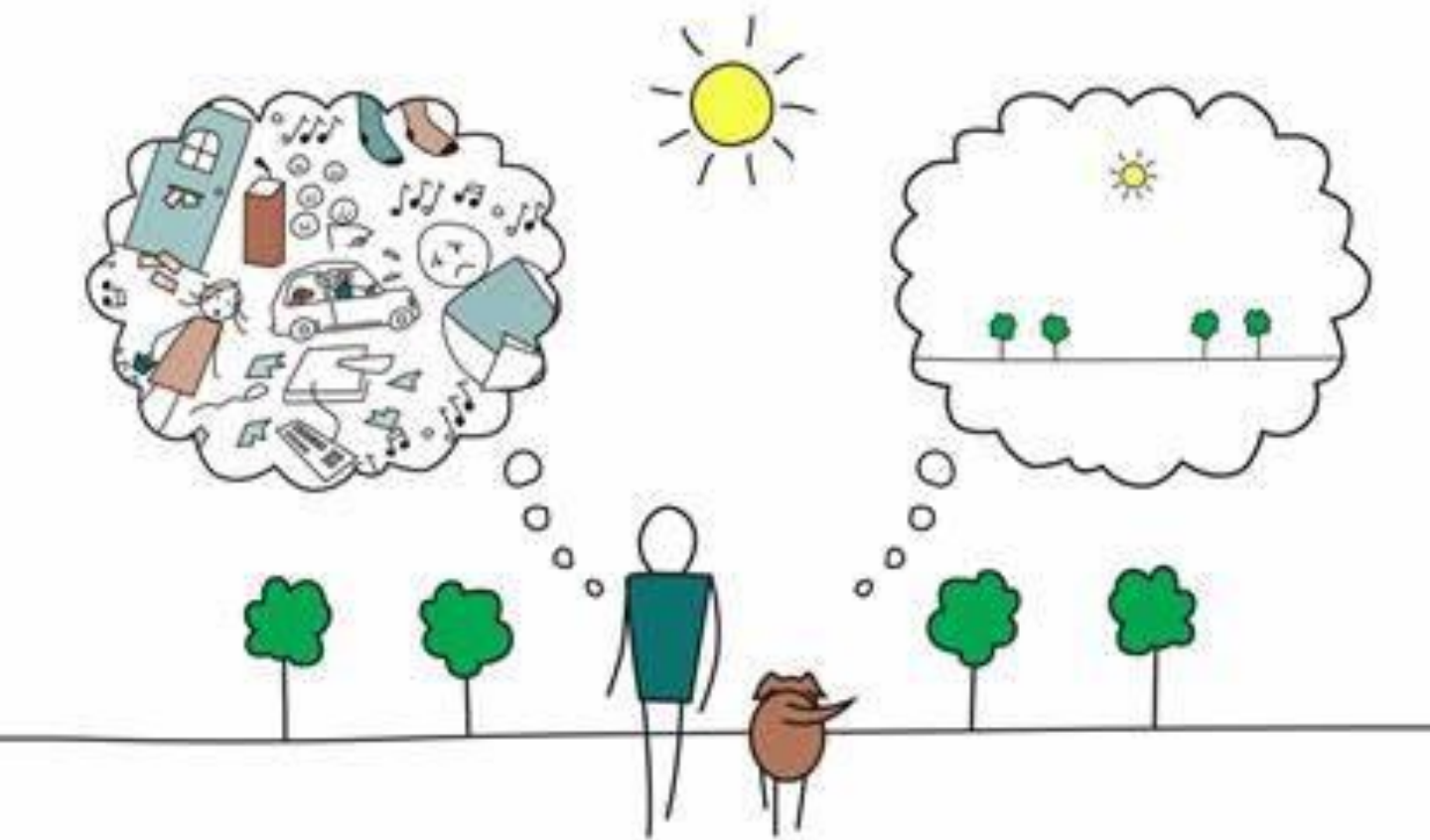
Resources to develop mindfulness:

Books:

- Full Catastrophe Living- Jon Kabat Jinn
- The Miracle of Mindfulness- Thich Nhat Hanh
- 10% Happier- Dan Harris
- Your brain at work – David Rock
- Mindfulness In Plain English - Ven. Henepola Gunaratana
- Get some Headspace - Andy Puddicombe

Mobile Apps:

- YourHour, StayFocused, UCLA mindful app, Mindfulness Coach by US Department of Veterans Affairs, MindBell, Plum Village Moment, Buddhify, Headspace, Insight Timer, Wake Up, 10% Happier



Mind Full, or Mindful?

CONTACT ME:

Neeraj Ramnani

+91 79841 43256

neeraj@growthfoundation.in

 **Neeraj Ramnani**